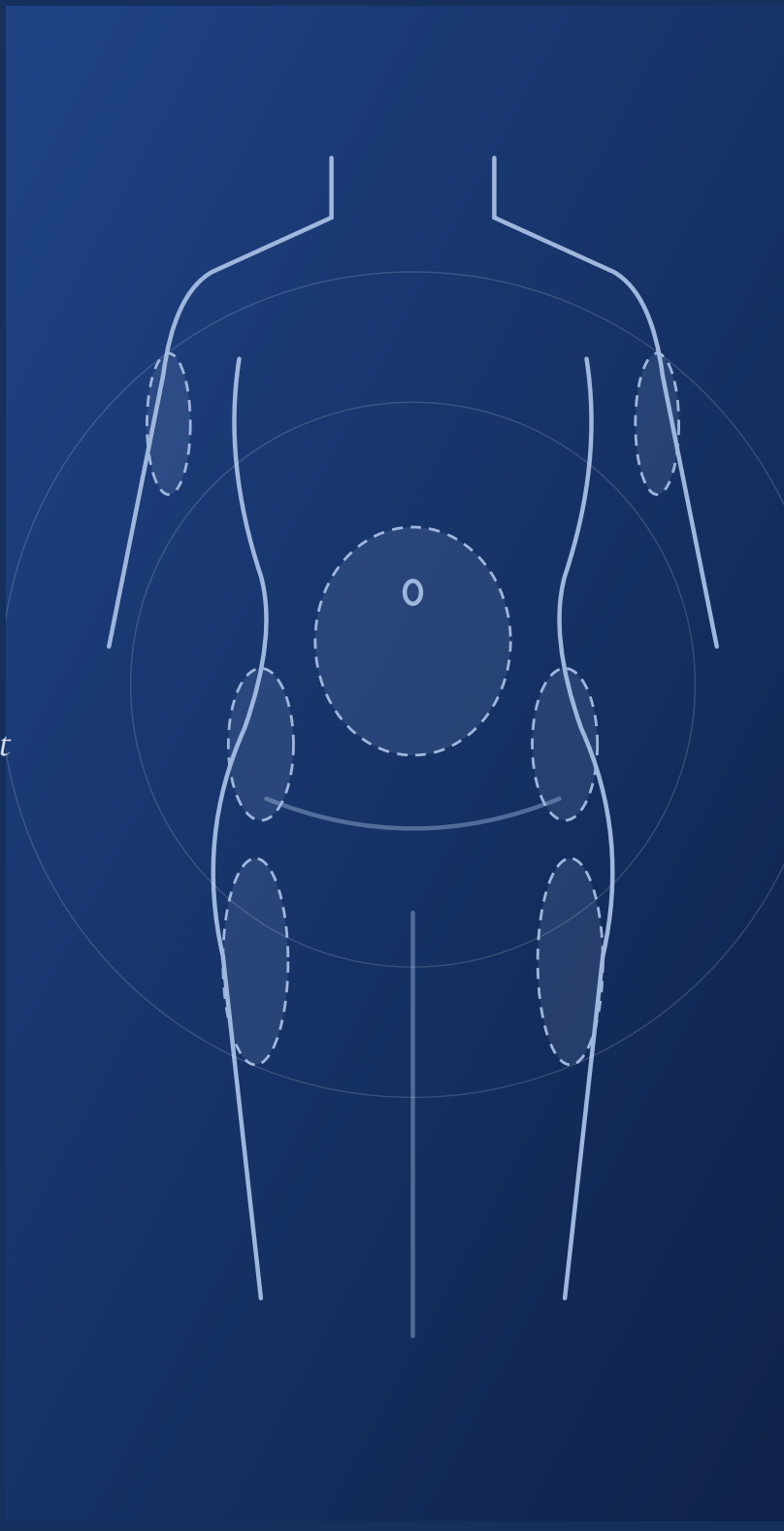
Plastic Surgery Institute

PATIENT GUIDE · BODY CONTOURING

Liposuction (lipoplasty)

Everything you need to know, from your first consultation to your final result.



01 Understanding liposuction
02 Consultation & preparation
03 The procedure, step by step
04 Recovery & results
05 Risks & safety
06 Cost & choosing your surgeon



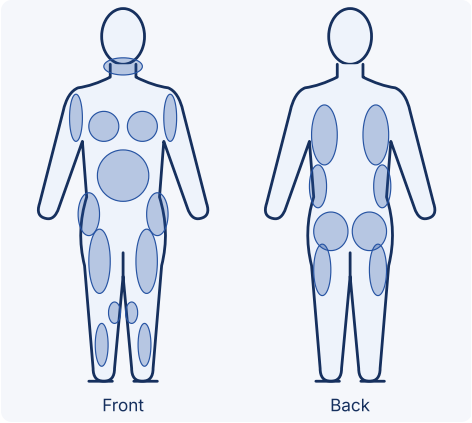
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01 · THE BASICS

Understanding liposuction

Liposuction (lipoplasty) removes localized deposits of subcutaneous fat — fat beneath the skin — to reshape the body's contours and proportions. It does not remove visceral fat around the internal organs.



Areas that may be treated

- Thighs
- Hips and buttocks
- Abdomen and waist
- Upper arms
- Back
- Inner knees
- Chest area
- Cheeks, chin and neck
- Calves and ankles

Shaded areas are illustrative, not a treatment plan suitable for everyone.

Could it be right for you?

Liposuction may suit women and men with fat deposits that resist diet and exercise. Favorable candidates are healthy, nonsmoking adults near a healthy, stable weight, with firm, elastic skin, good muscle tone and realistic goals. A clinical examination determines whether it is appropriate for you.

Body contouring, not weight loss

Liposuction is not a treatment for obesity or a weight-loss method. It does not replace a balanced diet and exercise, and does not effectively correct cellulite or loose skin. Skin elasticity matters. When appropriate for your situation, it may be combined with a facelift, breast reduction or tummy tuck.

02 · BEFORE SURGERY

Consultation & preparation

Speak openly about your expectations, health and concerns. Some anxiety is natural; asking questions is part of preparing for surgery.

Come ready to discuss

- Your goals and the areas that concern you
- Medical conditions, drug allergies and treatments
- All medicines, vitamins and supplements; alcohol, tobacco and other substances
- Previous operations

What your surgeon assesses

- Your health, existing conditions and risk factors
- Fat distribution and skin elasticity
- Photographs for your record, options and the proposed plan
- Anesthesia, possible results and complications

Individualized preparation



Lab tests or medical evaluation



Review your medicines



Stop smoking as instructed



Review products that increase bleeding



Arrange transport and overnight support

Tests and medication adjustments depend on your situation. Aspirin, anti-inflammatory medicines and herbal supplements may increase bleeding. Do not stop or change any prescribed medicine unless your surgeon instructs you to do so.

Where surgery takes place and who can help

Surgery should take place in an authorized, appropriately equipped surgical facility, whether office-based, an outpatient center or a hospital. Arrange a ride to and from surgery and someone to stay with you for at least the first night. Ask for practical instructions specific to your operation.

> *Ask about the technique, anesthesia and recovery; discuss your concerns before giving consent.*

03 · ON THE DAY

The procedure, step by step

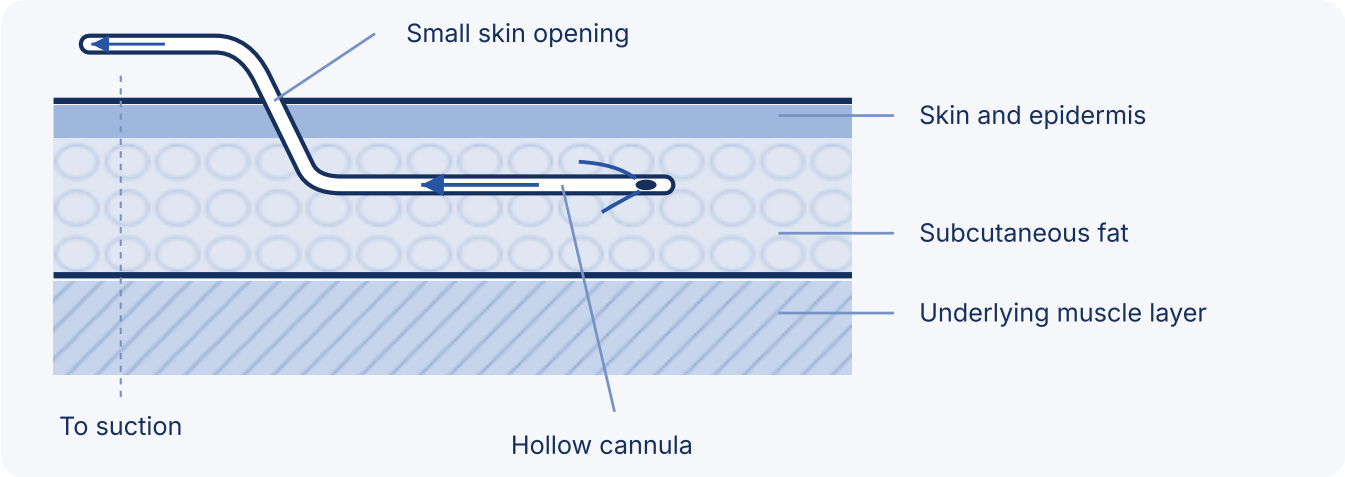
The technique, treatment areas and anesthesia are chosen according to your anatomy, health and the extent of treatment.

STEP 1 Anesthesia

Local anesthesia, intravenous sedation or general anesthesia may be used. Your team recommends an option suited to your comfort and safety.

STEP 2 Access and fat removal

Small, discreet incisions allow a solution containing diluted local anesthetic to be infused to reduce bleeding and tissue trauma. A cannula — a thin, hollow tube — is introduced into the subcutaneous fat. Controlled back-and-forth movements loosen the fat, which is removed by suction or a syringe attached to the cannula.



Schematic cross-section, not to scale. The cannula tip stays in the subcutaneous fat, above the muscle layer; arrows show the path of fat toward suction.

STEP 3 The contour emerges

The improvement becomes clearer as swelling and fluid retention subside. The early appearance is not the settled result.

What the procedure does not do

Liposuction does not remove excess skin or repair muscles. This diagram explains the procedure without promising an outcome or representing every technical variation.

04 · AFTER SURGERY

Recovery & results

Aftercare, the duration of compression garment use and the return to exercise are individualized. Swelling may take several months to resolve completely.

IMMEDIATELY

Protection & compression

Dressings, an elastic bandage or a compression garment may support treated areas and help limit swelling.

EARLY HEALING

Care & follow-up

Small temporary drains may remove blood or fluid. Follow your wound-care and medication instructions.

FOLLOWING MONTHS

Contours become clearer

Swelling and fluid retention gradually decrease, making the contours easier to assess.

LONG TERM

Stability & health

A stable weight, balanced diet and physical activity help maintain the result.

General stages, not fixed deadlines. Your health and operation determine your individual recovery.

Your discharge instructions

- Caring for incisions and any drains
- Prescribed topical or oral medicines to aid healing and help prevent infection
- Changes to watch for at the surgical site or in your general health; contact details and follow-up appointments

Practical questions

- Where will I go after surgery, and what medicines will I receive?
- When are dressings, drains or stitches removed, if needed?
- How should I bathe, and how long should I wear compression?
- When can I resume activities and exercise, and return for review?

> *Protect incisions from tension, rubbing and excessive movement while healing. Follow your own instructions rather than a standard calendar.*

Results without guarantees

Results may be long lasting, but cannot be guaranteed. Remaining fat cells can enlarge with weight gain, and aging may reduce skin firmness. Revision surgery or a separate procedure to remove skin may be needed: liposuction does not correct skin laxity.

05 · AN INFORMED DECISION

Risks & safety

The decision is personal: weigh the expected benefits against the risks. Informed consent confirms that you understand the operation and its possible complications.

Surgery & anesthesia

- Anesthesia risks
- Bleeding, bruising and infection
- Deep vein thrombosis (blood clots); heart or lung complications

Tissues & healing

- Injury to deeper structures: nerves, blood vessels, muscles, lungs or abdominal organs
- Fluid accumulation and poor wound healing
- Swelling, which may persist

Skin & appearance

- Changes in sensation that may persist
- Irregular pigmentation
- Contour irregularities or asymmetry
- Rippling or loose skin, worsening cellulite
- Possible revision surgery

Technical risks

- Cannula breakage
- Burns or thermal injury if an ultrasound-assisted technique is used

General complications

- Fat embolism: fat blocking a blood vessel, particularly in the lungs
- Fluid shifts that may affect the kidneys, heart or lungs
- Lidocaine toxicity: serious effects of this local anesthetic on the heart or nervous system

Large volumes and multiple areas

These require appropriate planning, facilities and monitoring; combining procedures may increase risk. Safety depends on your individual situation, not a universal amount of fat that can be removed.

> *Discuss all these risks and those specific to you with your surgeon before consenting. Ask how complications are prevented, recognized and managed.*

06 · PLANNING AHEAD

Cost & choosing your surgeon

Cost varies with the surgeon's experience, technique, extent of treatment and practice location. Ask for a personalized estimate and whether payment plans are available.

What the estimate may include

- Surgeon's fee
- Anesthesia
- Clinic or hospital
- Medical tests
- Compression garment and medicines

Check the total

Ask what is included, especially follow-up and any additional care or procedures. Check your insurance policy directly for exclusions and possible coverage: do not assume that cosmetic surgery or its complications are covered.

More than a fee

Experience, clear communication and trust matter as much as price. Choose a qualified, experienced plastic surgeon and ask what results are realistic for your situation.

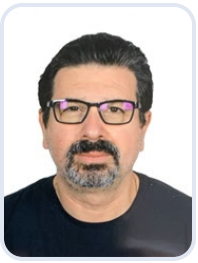
Criteria to check

- A qualified plastic surgeon specializing in plastic, reconstructive and aesthetic surgery
- Complete surgical training at a recognized institution
- Experience with liposuction and examples of results
- An authorized facility equipped to protect your safety
- Clear answers to your questions and explanations of the risks

Feel free to ask about your surgeon's training and experience. A practitioner you can trust takes the time to answer.

BOOK YOUR CONSULTATION

Let's talk about your goals



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This guide is for general educational purposes only. It makes no promise or guarantee about the outcome of any procedure and is not a substitute for a thorough, in-person consultation with a qualified plastic surgeon.